

# the newham mag

**ISSUE 138**  
9 February 2008



Page 12  
Causing  
a  
racket



Page 16  
China  
comes  
to town

> **Page 18** Love is in the air  
Fall in love with Newham this Valentine's Day





# BADMINTON CHALLENGE FOR ALL

Why not take to the court and smash away the winter blues?

In February Newham's Community Forums are holding an inter-forum badminton competition for young people and adults. And you're invited to join in the fun!

## WIN BRILLIANT PRIZES

Winners of the heats will play in a final on Sunday 24 February. There'll be free massages, refreshments and entertainment for the whole family.

## GET INVOLVED IN THE ACTION!

For more information or to register contact Darren Watson on 020 8430 2489 or 07854 954 720 email [darren.watson@newham.gov.uk](mailto:darren.watson@newham.gov.uk) or visit [www.newham.gov.uk/topics/sports](http://www.newham.gov.uk/topics/sports)

### Custom House and Canning Town Community Forum

Friday 15 February, young people 4-6pm, adults 6.30-8.30pm  
Eastlea School, Exning Road, Canning Town E16 4ND

### Beckton Community Forum

Monday 18 February, young people 2-5pm, adults 6-8.30pm  
Kingsford Community School, Kingsford Way, Beckton E6 5JG

### Manor Park Community Forum

Tuesday 19 February, young people 2-5pm, adults 6-8.30pm  
Little Ilford School, Browning Road, Manor Park E12 6ET

### Plaistow Community Forum

Tuesday 19 February, young people 2-5pm, adults 6-8.30pm  
Lister School, St Mary's Road, Plaistow E13 9AE

### Royal Docks Community Forum

Wednesday 20 February, young people 2-5pm, adults 6-8.30pm  
Brittannia Village Hall, Evelyn Road, West Silvertown E16 1TU

### Forest Gate Community Forum

Thursday 21 February, young people 2-5pm, adults 6-8.30pm  
Atherton Leisure Centre, Romford Road, Forest Gate E7 0HR

### Stratford and West Ham Community Forum

Thursday 21 February, young people 2-5pm, adults 6-8.30pm  
Carpenters and Docklands Centre, Gibbins Road, Stratford E15 2HU

### Green Street Community Forum

Thursday 21 February, young people 2-5pm, adults 6-8.30pm  
Stratford School, Upton Lane, Forest Gate E7 9PR

### East Ham Community Forum

Friday 22 February, young people 2-5pm, adults 6-8.30pm  
Langdon School, Sussex Road, East Ham E6 2PS

### FINAL: Sunday 24 February, 1-5pm

Newham Leisure Centre, 281 Prince Regent Lane, Plaistow E13 8SD

it's your borough  
play your part

NEWHAM COMMUNITY FORUMS





# the newham mag



Jen may have left us for sun-soaked Sydney but she hasn't taken with her your eclectic mix of news, features and information about what's on, which this fortnight includes details of half term activities happening near you.

Being born and bred in Newham, I am as interested as you to find out what's happening in the borough and hear stories of people living and working in our community, so get in touch.

I hope you enjoy my first issue.

Anita

**On the cover:**  
Fall in love with Newham.



**EDITOR:** Anita Plaha 020 8430 4533  
**ASSISTANT EDITOR:** Emily Bynoe 020 8430 6191  
**REPORTERS:** Jo Mackie, Sarah Abley, Kelly Mullan  
**DESIGN:** Adam Renvoize, Khansa Ahmed  
**STAFF PHOTOGRAPHER:** Andrew Baker  
*Additional photography: Tom Gordon*  
**ADVERTISING:** Julie Brown 07890 529 090  
**PRINT/REPROGRAPHICS:** Woodford Litho Ltd



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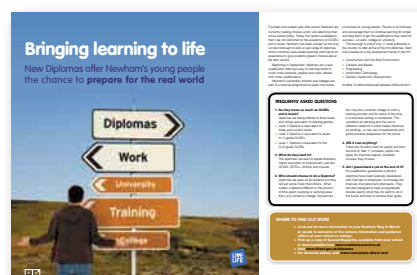
Look out for the next issue from February 23

# contents

9 February 2008 // issue **138**

## Regulars

- 04 NEWS** – Four pages of news and pictures from across the borough
- 08 MAYOR'S VIEW** – Why Sir Robin is proud of Newham's schoolchildren
- 28 NEWHAM IN FOCUS** – Community news from your part of the borough
- 32 KIDS' CORNER** – Puzzles, pictures and poems for our younger readers
- 35 WHAT'S ON** – Four pages of activities and events for you to try – most of them free of charge, with useful addresses and phone numbers



10



14



18



20

## Features

- 10 NEW DIPLOMAS** – More education choices for 14-to-19 year olds
- 12 BADMINTON** – Take part in the latest Community Forum competitions
- 14 CENTRAL PARK** – The vision for the future
- 16 2012 GAMES UPDATE** – Newham's links with Olympic host city Beijing
- 18 VALENTINE'S** – Where to romance your loved one in Newham
- 20 WORKING LIVES** – What's it like to work at a credit union?
- 22 HEALTH** – Meet the hospital matrons
- 24 LOAN SHARKS** – Say no to them
- 27 ORIENTEERING** – A new activity for Beckton District Park
- 34 HALF TERM FUN** – Activities to keep youngsters busy in the holidays



Published by the London Borough of Newham

## IN BRIEF //

### Have your say on the Aquatics Centre

The deadline for sending comments on the formal plans submitted for the 2012 Games Aquatic Centre is Monday 3 March. The building will include two 50m pools for competitions and training and a diving pool.

You can find out more about the application and make comments at a public display in the south mall of Stratford Centre on:

**Thursday 14 February  
from 6-8.30pm**

**Friday 15 February from 2-7pm**

**Saturday 16 February  
from 10am-2pm**

You can also see the plans on [www.london2012.com/planning](http://www.london2012.com/planning)

### Balloon launch for Mesothelioma

Civic Ambassador Omana Gangadharan and East London Mesothelioma Support Group are hosting an Action Mesothelioma Day Coffee Morning on Wednesday 27 February from 10.30am to 1pm at the Mayor's Parlour, Newham Town Hall, East Ham.

A balloon release will take place at 12.30pm to mark past, present and future victims of Mesothelioma.

For further information about the event please contact Eileen Beadle on 07960 222 997.

### Sky's the limit for London City Airport

British Airways is launching twice daily business class flights from London City Airport to New York next year.

Flights will operate on an Airbus A318 aircraft with 32 seats on-board.



## HRH Duchess of Cornwall opens innovative Centre for Clinical Education at UEL

Her Royal Highness the Duchess of Cornwall visited the University of East London (UEL) to open a state of the art centre for clinical education in podiatry



HRH the Duchess of Cornwall meets Sir Robin

(foot care), physiotherapy, complementary medicine and sports science, part of the university's School of Health and Bioscience.

She spent two hours being shown around the new building, which houses clinical and teaching facilities, and met staff and students working on laboratory research projects. Her Highness commented: "I think this is a fantastic place, and I'm very proud to be a patron of podiatry."

At a reception for more than 100 guests, the Duchess unveiled a plaque and was presented with a posy by Claire Duguid, the newest member of staff in podiatry at the university.

## Blue badge fraudsters prosecuted

Two residents have been taken to court after they admitted fraudulent use of a blue badge.

Poonam Kaur, 20, of Romford Road, Manor Park admitted fraud by false representation and possession of articles for use in fraud contrary to the Fraud Act 2006, after she was caught using a stolen blue badge at the rear of Queens Market, Upton Park. She was fined a total of £250 at Stratford Magistrates Court in respect of the offences and ordered to pay £100 towards the council's legal costs.

A 42-year-old woman from Plaistow admitted wrongful use of a disabled person's badge contrary to the Road Traffic Regulations Act 1984 and using a false instrument contrary to the Forgery and Counterfeiting Act 1981. She was given a two-year conditional discharge at Stratford Magistrates Court.

In Newham, more than 7,000 residents are eligible for blue badge parking exemption. Anyone found guilty of misuse of a blue badge could face a fine of up to £1,000 for each offence, lose their driving licence or even receive a custodial sentence.

## Former Newham Mayor passes away

Alderman and former mayor of Newham Stan Hopwood has died in hospital in Dawlish, Devon, aged 93.

First elected in 1971, Stan completed 27 years of unbroken service as a councillor. He was mayor of the borough in 1981/82 and made an honorary alderman in 2000.

The Mayor of Newham Sir Robin Wales has sent condolences to Stan's family on behalf of the council and the borough. Paying tribute he said: "Stan can truly be described as a man of the people. Through his work with the council and as a trade union official he touched the hearts of many, dealing with their problems and concerns and helping them through difficult times."

Stan's daughter has asked that anyone wanting to make a donation in memory of Stan should send a cheque made payable to the Royal National Lifeboat Institution, c/o Co-op Funeralcare, 119 Cowick Street, Exeter, Devon.



Stan Hopwood

## Crackdown on Council Tax dodgers

Newham Council signalled its intent to crack down on the worst dodgers of Council Tax when it carried out an early morning raid at the home of one of its most persistent non-payers.

Mr Idowu Mogaji, 56, resident of Queens Road in Upton Park, was arrested when police raided his house early on Thursday 24 January for Tax arrears totalling nearly £4600.

Mr Mogaji was found guilty of culpable neglect and given a 40 day suspended sentence, with the condition that he keeps to a strict repayment plan until the arrears are cleared.

The arrest is part of dawn raids carried out by police on residents that have persistently refused

to pay their Council Tax. The raids formed part of a crack-down that sees the council, warrant officers and the

police working in partnership for the first time to combat non-payment of Council Tax.



Police and bailiffs prepare to enter Mr Mogaji's property



## NEWS // IN PICTURES

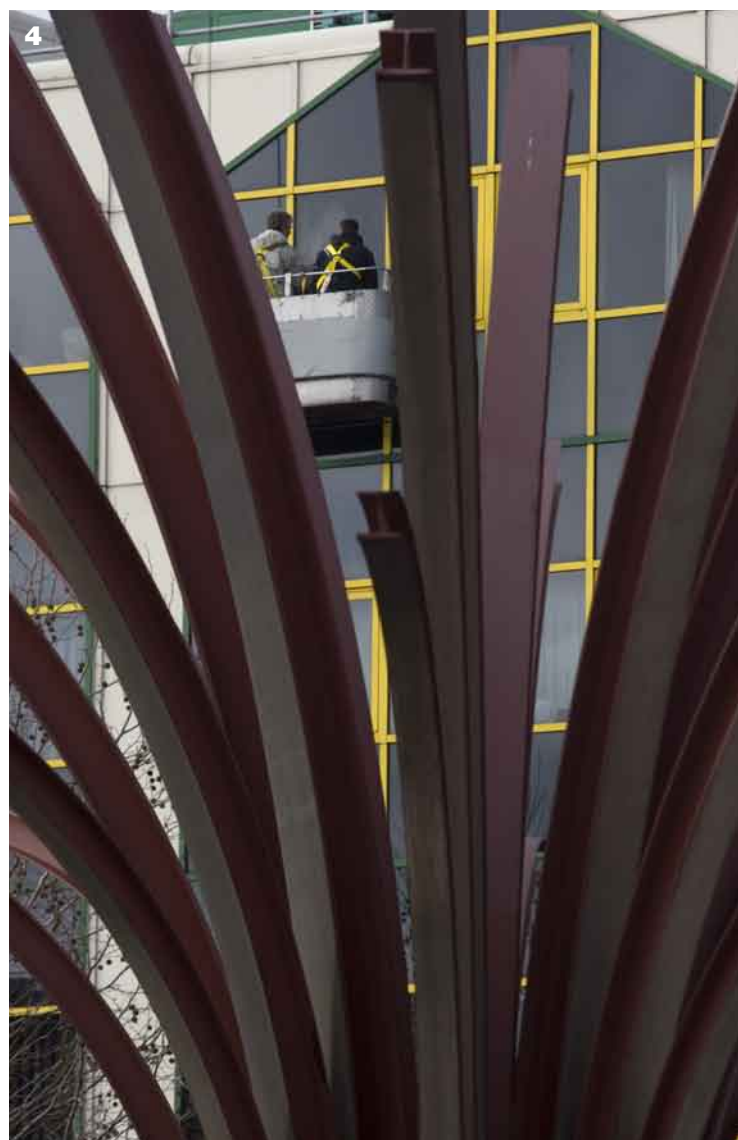
More than 400 people gathered at Little Ilford School, Manor Park, to commemorate the birthday of the tenth Sikh Guru, Guru Gobind Singh.





## NEWS // IN PICTURES

**1** A community archaeological dig at Bakers Row, West Ham.  
**2** Newham's first blooms make an early appearance. **3** Serving up sport competitions – badminton contests begin across the borough. **4** Window cleaners spruce up Stratford.





# Mayor's view

## with Sir Robin Wales

# Fighting fit, **fighting fat**

Our young people never fail to amaze me! Last year, more than half of our pupils achieved five A\*-to-C grade GCSEs, which makes me very proud, so you can imagine my delight when it was announced in parliament that Newham's young people are the most active in the capital!

The National School Sport Survey revealed that 91 per cent of Newham's school pupils participate in at least two hours of exercise per week, making us the best performing borough in London.

I am really pleased that our young people enjoy such active lifestyles. At a time when childhood obesity is on the increase in Britain, this is especially important. We believe prevention is better than cure which is why we launched Newham Fit Club, with specific programmes targeting childhood obesity. The programme educates both children and parents on nutrition and runs exercise classes too. So far the feedback has been very positive, with many families commenting on the increased health and confidence of their children.

It is encouraging to see such an interest in sport – especially with the 2012 Games just around the corner – but sport should be enjoyed outside of PE classes too. Along with a variety of free after-school clubs on offer, we also have our Estate-Based Sports programme which keeps our

young people busy and active over the summer holidays by sending coaches in to estates to run team sports. This encourages youngsters to get to know people from other backgrounds which helps to break down barriers.

The fact that our pupils are doing so well truly reflects all the hard work our schools, parents and pupils are putting in to ensure they have better life chances.

**To join Newham Fit Club call 020 8430 6628. To find out more about Estate Based Sports call 020 8430 2484 or email [sportsdevelopment@newham.gov.uk](mailto:sportsdevelopment@newham.gov.uk)**

Being one of the few elected Mayors, I am directly accountable to you. It's important that I'm open and accessible for any Newham resident. To find out more visit my website at [www.newham.gov.uk/mayor](http://www.newham.gov.uk/mayor) or call 020 8430 2107 to find out where I'll be.







“If you pay by cash, the DLR-only ticket is great value at £1.50”

*Sandra White, DLR Community Ambassador*

The DLR-only single ticket is still just a **£1.50** cash fare (70p for children) and gets you anywhere within zones 2 and 3 on DLR. Oyster users pay **£1** (50p for children).

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MAYOR OF LONDON

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# Bringing learning to life

New Diplomas offer Newham's young people the chance to **prepare for the real world**





Fourteen and sixteen year olds across Newham are currently making choices which will determine their future career paths. Today, the options available to them are not restricted to the academics of GCSEs and A levels. Newham has been chosen as the only London borough to pilot a new range of diplomas which combine class-based learning with hands-on experience to give students greater choices about life after school.

Beginning in September, diplomas are a new qualification offering a way of learning which is much more practical, applied and work-related than other qualifications.

Newham's secondary schools and colleges are part of a national programme to widen the choice

of courses for young people. The aim is to motivate and encourage them to continue learning for longer, and help them to get the qualifications they need for success – at work, college or university.

The borough is one of only 11 local authorities in the country to offer all five of the first diplomas. Each one is based on a key employment sector in the UK:

- Construction and the Built Environment
- Creative and Media
- Engineering
- Information Technology
- Society, Health and Development

Another 12 will be introduced between 2009 and 2011.

## FREQUENTLY ASKED QUESTIONS

### 1. Do they mean as much as GCSEs and A levels?

Diplomas are being offered at three levels and will be equivalent to existing grades:

- Level 3 Diploma is equivalent to three-and-a-half A levels
- Level 2 Diploma is equivalent to seven A\*-C grade GCSEs
- Level 1 Diploma is equivalent to five D-G grade GCSEs

### 2. What do they lead to?

The diplomas can lead to apprenticeships, higher education or employment, just like GCSEs, BTECs, GNVQs and A levels.

### 3. Who should choose to do a Diploma?

Diplomas are open to all students but they will suit some more than others. What makes a diploma different is the amount of time spent studying or working away from your school or college. Sometimes

this may be in another college or with a training provider and for some of the time in a business setting or workplace. The variations on learning and the use of different mediums is what makes diplomas so exciting – a new set of experiences and good practical preparation for the future.

### 4. Will it cost anything?

There are no extra costs for pupils and from the end of Year 11 onwards, pupils can apply for financial support, whatever courses they choose.

### 5. Am I guaranteed a job at the end of it?

No qualification guarantees a job but diplomas have been specially developed, with the help of employers, to increase the chances of employment afterwards. They are also designed to help young people decide exactly what they do want to do in the future and how to achieve their goals.

## WHERE TO FIND OUT MORE

- Look out for more information in your Newham Mag in March or speak to someone at the careers information and guidance offices at your school or college.
- Pick up a copy of Sussed Magazine, available from your school or downloadable from [www.newhamsussed.co.uk](http://www.newhamsussed.co.uk)
- Visit [www.direct.gov.uk/diplomas](http://www.direct.gov.uk/diplomas)
- For financial advice, visit [www.connexions-direct.com](http://www.connexions-direct.com)



Front row from left to right: Zareena Igbokwe, Alex Clement, Jasraj Sehmi.  
Back row from left to right: Kilvir Singh Bahra, Councillor Jo Corbett,  
Zaharah Igbokwe, Councillor Richard Crawford, Arun Pillai, Surej Salim



# The heats are on for Newham's badminton challenge!

**If you want to get fit for summer but can't face the grey weather outside, come and work up a sweat at the Community Forum Badminton Challenge this February!**

Anyone who lives or works in a Newham community forum area can take part in the heats and show off their footwork on the courts.

Winners of the local heats will compete in a final at Newham Leisure Centre on Sunday 24 February.

Councillor Richard Crawford put in some practice himself in the run-up to the tournament.

He said: "Badminton is a great way to get in shape and the competitive element makes it fun. I would encourage everyone to come and make the most of the excellent facilities Newham has on offer."

The young people's tournaments are divided into two categories: eight-to-11 years and 12-to-15 years, while adults' events are single sex.

Young people will play Bisi Badminton – a beginners' form of the game – and they should get some practice in, because two of Newham's young contenders are big badminton fans!

Zareena and Zaharah Igbokwe, 13 and eight, are the first girls in Newham to play for Essex Juniors, the best young club in the borough. Badminton is in their blood; mum is a coach and dad is a keen player, so it's not surprising that the girls are so skilled after just two years. Zaharah told us that she loved the game because "it's fun and you can learn a lot from it!"

For the full list of competition dates and venues check out the advert on page 2 of the magazine.

For more information or to register, contact Darren Watson on 020 8430 2489 or 07854 954 720, email [Darren.watson@newham.gov.uk](mailto:Darren.watson@newham.gov.uk) or visit [www.newham.gov.uk/topics/sports](http://www.newham.gov.uk/topics/sports)

## **Congratulations Ramgarhia Badminton Junior Club!**

Ramgarhia Badminton Junior Club is the first in Newham to have achieved the Premier club and club mark status with Badminton England. The club was formed just four years ago, and with the help of the Newham Sports Development Programme and Ramgarhia Sikh Sports Centre, membership grew rapidly. Now more than 60 juniors are registered with the club, which was recently given the honour of selecting and coaching Newham's juniors for this year's London Youth Games. Congratulations Ramgarhia!

Ramgarhia badminton sessions take place on Friday evenings between 6 and 7.30pm at Langdon School, Sussex Road, East Ham E6 2PS.



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## Newham College: check out our taster day...

On Tuesday 19th February between 4-8pm

All departments will be open for viewing, so take advantage. Come on down and sample our courses, talk with tutors and current students, see what we have to offer you!

Some of our vast range of courses are listed below, if you do not see a course of your choice please contact the admissions hotline for more information. Please visit the campus where your course/s are listed below to avoid disappointment:

### East Ham Campus, High St South, London. E6 6ER:

BTEC Certificate in Employability, Introduction to Investment, Diploma in Business, Asian Bridal Make-up, Certificate in Nail Treatments, Beauty Therapy, Swedish Massage, Diploma in Aromatherapy, Certificate for Airline Cabin Crew, Diploma in Customer Services, Retail, Young Parents Pathway, Healthcare, Childcare, Early Years, Hairdressing, National Diploma in Music Technology and Fashion.

### Stratford Campus, Welfare Road, London. E15 4HT:

A Levels, Science, Preparation for Employment, Introduction into Sport & Leisure Industries, Prince's Trust programmes, IT, Web Applications, Software Developments, ICT System Support, Networking, Media Production, 3D Animation & Game Design, Plumbing, Construction, Heating & Ventilation, Building Services, Vehicle Maintenance and Repair, Welding, Multiskills and GCSE retakes.

If you would like more information  
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online at: [www.newham.ac.uk/you](http://www.newham.ac.uk/you)



# A new leaf for **Central Park**



Artist's impression of the formal garden

**Since 1898 Central Park has offered local people a green oasis in the centre of East Ham and now, with the help of the Heritage Lottery Fund (HLF), the park is being restored to its original glory.**

## **1 The formal garden**

Centring around the original fountain, this garden will be enhanced with impressive topiary columns and an abundance of colourful planting. Drawn in by warm

shades, you'll stroll through clipped lawns and geometric flower beds before reaching the cooler planting by the pond. Late spring will see drifts of flowers in the grass verges.

## **2 The informal garden**

Set around a dry riverbed, this garden will feature ornamental boulders and pebbles amongst a landscape of grassy mounds and meadow flowers. Open planting and good visibility will promote a safe environment.

## **3 The war memorial garden**

A low hedge will be planted around the perimeter of the seating area to form a more enclosed space. Predominantly white-flowering evergreen shrubs will complement the war memorial, with new lighting and improved paths, with lawn edging providing an attractive formal setting for this important heritage feature.

## **4 Tree clearance (selected areas across the park)**

Read the Q&A opposite to understand



why this is essential to the future improvement of the park.

### 5 The Burges drinking fountain

The drinking fountain, a gift from former land owner Colonel Burges, will be restored and relocated near to the Cheltenham Gardens gate, making an attractive feature at this entrance.

### 6 The café and toilets

With an improved park to enjoy, visitors will be able to stay for longer thanks to improved and extended café and toilet facilities.



## Tree Q&A

The removal of 111 trees from Central Park is starting now. To find out more visit [www.newham.gov.uk](http://www.newham.gov.uk) or sign up to a walk-and-talk session to review the proposals for tree management in more detail (see details bottom right).

### Why are the trees being felled?

Carefully selected trees are being removed to help rediscover the original design of the park; open up secluded areas to improve security; clear dead, diseased or damaged species and those that are not appropriate for their location.

### Will new trees be planted?

Yes. Around 60 new trees will be planted in winter 2008/9 as part of the project, but this is just a fraction of the trees being planted across the borough. In the run-up to the Olympic Games, 2012 trees will be planted in Newham each year.

### How were residents and park users consulted?

Consultation was conducted between 2004 and 2006. Walk-and-talk sessions,

meetings with the Friends of Central Park, open days, questionnaires, internet and library-based displays, presentations at the Mayor's Newham Show and focus group sessions were all used to find out what people thought.

### Don't you need to obtain a licence or planning permission to fell trees?

Planning permission has been obtained for the whole project including the tree removal. The tree removals have been considered on a case-by-case basis by experienced council officers, HLF expert advisors and members of the public.

### Many of the trees have been there for centuries. Won't some have historical significance?

None of the trees in the park pre-date its opening and the original trees will not be touched. The majority of the trees that are being removed have been planted since the 1970s and are not in keeping with the original structure and design of the park.

### How will this impact the environment?

Planting programmes in the park and

across the borough will ensure that wildlife will not be deprived of habitats. Some of the trunks will even be used to create new habitats, while the rest will be recycled as mulch for planted areas.

The number of trees and shrubs across the borough will actually increase, meaning even more benefits for the local environment.

Tree stumps and main roots will be removed mechanically, so it won't be necessary to use chemicals to control re-growth.

## Walk and Talk

### Thursday 14 February, 2-4pm

Newham's Parks Service is offering you the chance to join in a guided walk-and-talk around Central Park to find out more about the improvements and discover which trees will be cleared.

To register your interest please email [centralpark@newham.gov.uk](mailto:centralpark@newham.gov.uk) or call 020 8430 3990.



# East meets east in Newham

**Although thousands of miles away, Newham's links with China can be found in abundance, especially with the Beijing Torch Relay passing through Newham in April before heading to the Far East to light up this summer's Olympic Games. From the specialist language college at Kingsford Community School, Beckton, to a taste of China at the supermarket in Silvertown – a feel of the orient is just a stone's throw away, wherever you are.**

## **Eastern Jewel in Silvertown**

Foodies and fans of eastern cuisine no longer need to make the trip to the West End to stock up on all things Chinese-Loon Fung, a familiar brand in Soho for over 40 years and the first to bring Chinese supermarkets to London, has arrived in Silvertown. The arrival of the superstore to the Docklands marks a return for Chinese shopping to the area that was London's original Chinatown, established in the 18th century.

The 50,000 square ft cash and carry store, next to the Tate & Lyle factory, sells a vast array of oriental food including exotic fruit and vegetables, fresh meat and fish courtesy of an in-house butcher and fishmonger and all the cooking utensils you need to prepare a Chinese meal. There is even a fresh noodle bar for a quick snack between shopping forays.

The supermarket meets the culinary needs of Newham's growing Chinese





Performers from the Beijing Dance, Drama and Opera House

### A little bit of China in the heart of Beckton

Beckton's specialist language college, Kingsford Community School, is a leading light in the mainstream teaching of Chinese language and culture in London. The school had the honour of being the first 'Confucius Classroom' as part of a pioneering project from the Specialist Schools and Academies Trust, creating centres of excellence for introducing Mandarin and Chinese studies in the curriculum.

Every student at the school studies Mandarin as a compulsory subject, covering topics such as personal identity, recognising characters and emulating the spoken language. The Confucius project has even enabled some students to visit China for work experience and educational travel.

In recognition of its links with China, the school received by special donation the Peter Marshall Memorial Library, which contains many books, some quite rare, about China and its development.

Kingsford continues to look after its students' learning after they move on, with an advanced level Mandarin evening class for students who attend sixth form colleges that don't offer the subject. Extended hours mean that it can also offer a business Mandarin course for beginners after school, which is open to the general public and is advertised through the local adult education centre.

Visit the school's website to learn more: [www.kingsfordschool.com](http://www.kingsfordschool.com)



### Stratford Circus celebrates China in London

This year sees the handover from Beijing to London as host city for the 2012 Games. To usher in the celebrations *China in London*, a

city-wide festival of Chinese culture, music and traditions, kicked off on 6 February with the lighting of Chinese lanterns in Oxford Street.

The festival comes to Newham on Wednesday 13 February with performances by the highly acclaimed Beijing Dance, Drama and Opera House, which brings its exquisite style of dance, drama and music to Stratford Circus for one night.

Book tickets by telephoning 020 8279 1015 or visit [www.stratford-circus.com](http://www.stratford-circus.com)



and Vietnamese community, catering for the borough's diverse population. With the 2012 Games drawing ever closer hospitality in Newham is growing. Established and emerging businesses will benefit from the unparalleled opportunities provided by the 2012 Games, as well as the great potential in the vicinity to supply both the public and the restaurant trade.

Loon Fung is in Factory Road E16. Telephone 020 7055 1888 for more details or visit the website at [www.loonfung.co.uk](http://www.loonfung.co.uk)



**Stratford-based East London Dance Company helped bring the show to Newham. The company works to reflect, encourage and celebrate the whole community through dance.**

**If you are inspired by the performance at Stratford Circus, why not join East London Dance Company's Chinese dance classes running until 25 March? Look out too for its festival in the autumn with a focus on East Asian dance.**



# Newham – love it!

Fall in love with Newham this Valentine's Day and discover the many hidden delights on your doorstep. From food to florists, everything you need to show your beloved how much you care can be found in all corners of Newham.

The council's newly launched Newham.com has all-year-round ideas about where to go, what to do and much more about your borough – all available online. The public's response to Newham.com has been phenomenal, generating more than 15,000 page views during its first weeks – making it one of the most visited sites in Newham.

## **Dine – there are restaurants in Newham to suit all palates and pockets**

**Yi-Ban** – A real dining experience – exceptional Chinese cuisine coupled with 180-degree views of the Docks. *London Regatta Centre, Dockside Road, Royal Albert Dock E16. Telephone: 020 7473 6699*

**Kanchans Rasoi** – Top North Indian Cuisine tucked away in Manor Park with a relaxed atmosphere and delicious food. *807 Romford Road, Manor Park E12 5AN. Telephone: 020 8514 7500*

**Theatre Royal Bar** – Hearty Caribbean bar food and free daily entertainment. On Thursday 14 February Tara Grainger presents a very special evening of romance for lovers and jazz enthusiasts, from 8pm. Food around £10 per head. *Gerry Raffles Square, Stratford E15 1BN. Telephone: 020 8279 1160/1*

## **Try something different**

Why not impress your partner with a home cooked meal? Queens Market has reasonably priced fruit, vegetables, fish and meat, all under one roof. The market in Green Street, Upton Park, trades every Tuesday, Thursday, Friday and Saturday.

## **Burn it off with a romantic ramble**

Most homes in Newham are only a ten minute walk away from a park or open space. As well as being a spontaneous romantic gesture, walking is good for you and helps you to relax. [Walklondon.org.uk](http://Walklondon.org.uk) has some great suggestions for walks, including one that guides you through the scenic landscapes of Beckton District Park, down through the Royal Docks and up to the Woolwich Foot Tunnel.

## Newham.com

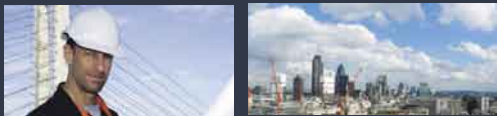
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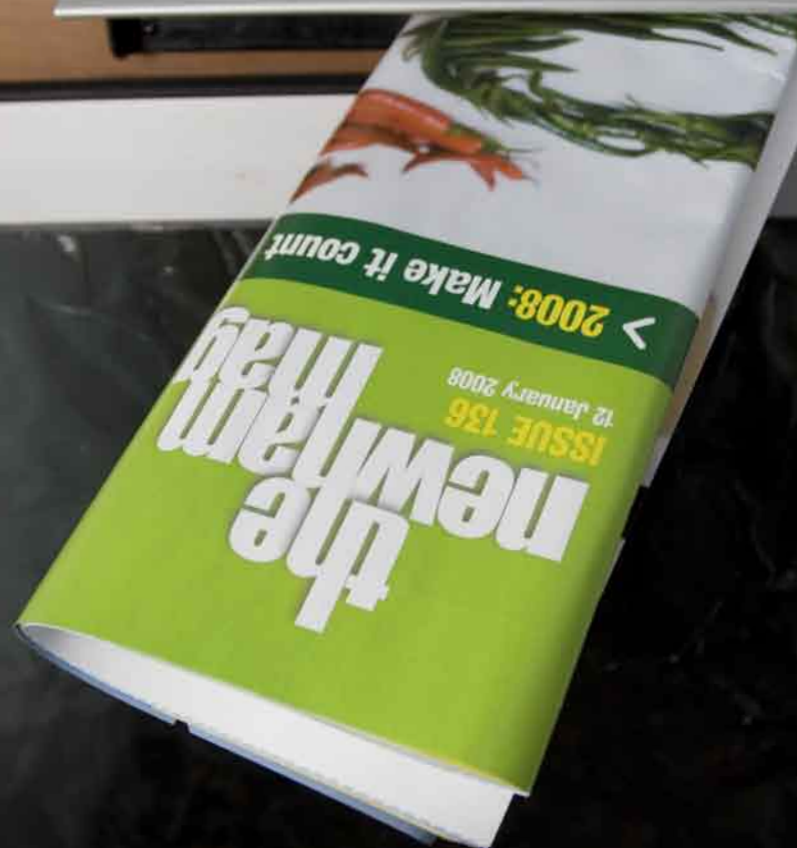
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# Volunteer snapped up for career in banking

What's the difference between a credit union and a high street bank? Rookie teller Mohammed Quddus tells the Newham Mag the advantages NewCred has to offer, and reveals how he broke into his first bank job.







Business administration student Mohammed Quddus started volunteering at NewCred last June and soon proved indispensable at dispensing cash and financial advice. Keen to hang on to the talents of the Forest Gate volunteer, manager Rick Plewa offered the 17 year old his first job.

Mohammed was delighted to get the opportunity, saying: "Credit unions are hard to break into." With a fast-talking exuberance tempered by a composed air of capability, it's clear why this young volunteer's potential was recognised.

Mohammed has just completed his 18-month GNVQ2 course in only five months and says: "I do everything fast. I don't care about taking it easy. I'll go through stress to finish quickly.

"I was the best, always in all my classes, at maths. I'm studying business administration, but I'm not a college learner. I'm practical. I learn on the job.

"Taking the Business Administration GNVQ route leaves a lot of options open. I'm not just limited to accountancy. I could go into economics, finance or anything I want.

"I had no confidence when I started. I hardly spoke. Now everyone says I talk too much. I think it's the environment, with my colleagues helping me. NewCred runs as a team.

**"I'm enjoying helping people and getting finance experience. I didn't know much about credit unions when I started but I've learned loads"**

"Now I deal with customers, set up new accounts, explain how different accounts work, and deal with enquiries. I still work as a cashier, as well as helping the finance officers and doing admin work. Plus I'm teaching new volunteers – I'm on a supervisor level.

"The manager does funny stuff, and jokes, and makes it a friendly environment. If it's quiet he asks how I've managed to scare off all the customers and tells me to go to Stratford shopping

centre to drag people in!

"I'm enjoying helping people and getting finance experience. I didn't know much about credit unions when I started but I've learned loads. We offer most of the services you get in a high street bank. The difference is we concentrate on our customers' needs. We know all our members and recognise every face.

"NewCred encourages people to save by offering a savings account with a notice period for withdrawals, and we have a budget account for everyday use. We help people to save money or spend it wisely."

As part of the worldwide credit union movement, NewCred provides financial services to the people of Newham. Credit unions provide loans to people who aren't seen as good credit risks or can't afford high interest rates.

## **NewCred**

NewCred aims to be the primary provider of low cost, affordable financial services in Newham. It's a not-for-profit, community-based, financial co-operative, providing savings, low cost loans, debt management advice and other financial services to members. NewCred is owned and run by members and hopes to strengthen social networks and contribute to the local economy.

If you live or work in Newham you can become part of this exciting way to take charge of your money.

To join just pop in with:

- > two forms of identification, one showing your date of birth and the other showing your address
- > a minimum of £1 to activate your account

**To learn more about NewCred's accounts and services visit [www.newcred.co.uk](http://www.newcred.co.uk), call 020 8555 5388, or pop into one of the branches at Water Lane, Stratford or Freemasons Road, Custom House.**

### **Opening hours**

**Monday, Tuesday, Thursday, Friday 10am-5pm  
Wednesday, Saturday 10am-2pm**

# Day in the life of a hospital matron

When going to hospital it's nice to know you'll be taken care of and that someone is making sure the place is kept clean and runs smoothly. That is the job of the hospital matrons.



Brian Thornton

Matrons are very experienced senior nurses who have a high level of clinical expertise, leadership and management skills. They are responsible for improving cleanliness, ensuring high quality care, preventing infections and providing leadership, as well as being on the front line taking care of patients. At Newham, there are 13 matrons who make sure that you get the care you need.

Newham University Hospital NHS Trust wants its matrons to be an unstoppable force who don't have to ask permission first before making things happen for patients. The matrons play a part in dealing with complaints and resolving problems which helps make sure that services are responsive to individual's needs.

They have an action plan that focuses on areas patients have highlighted

through complaints or the Patients First comment cards. It includes actions on staff attitude, infection control and cleanliness, staff development and raising their profile so that patients know who they are and what they do.

Anna May Charles, Accident and Emergency Matron, has worked in nursing for 14 years. She says: "I really like being a matron here. It is so varied and very challenging as the department and services continually develop in response to our patients' needs.

**"Patient care is my absolute priority"**

"A usual day would start between 7.30am and 9am, ending anywhere between 5pm and 8pm. Patient care is my absolute priority so when I arrive the first thing I do is check to see what





Anna May Charles

patients are in and make sure that the nurses on shift have the correct skills to care for them. After this I deal with any issues that may have arisen overnight, ensure nobody has been waiting too long to be seen and walk around to check for cleanliness.

"I have an open office in the mornings so that staff can come and raise any concerns or personal requests. The rest of the day is a mix of support, staffing, clinical duties and above all making sure that the A&E department at Newham is safe."

Brian Thornton, Matron for the Trust's medical wards, Plashet and Beckton, has worked in healthcare for nearly 20 years. He has worked at Newham since 2004, where he has been Matron for Medicine since October last year.

"My usual day would start with visiting my wards before going to the daily

bed meeting, where senior nurses and managers discuss bed availability with the clinical site managers to make sure that all our patients can be accommodated and receive the highest levels of care in the most appropriate ward. After that I return to the wards, confirm staffing levels, deal with any issues that may have arisen and generally help out.

**"I make a real effort to say hello every day and take an interest in each and every patient"**

"I also undertake daily cleaning audits to ensure the wards are kept clean and tidy. I make a real effort to say hello every day and take an interest in each and every patient on my wards so that I can really understand their needs."

## **Newham University Hospital NHS Trust's Matrons**

**Alma West**, Critical Care  
**Anna May Charles**, Accident and Emergency  
**Arona Ahmed**, Maternity In-Patients  
**Brian Thornton**, Medicine  
**Comfort Dijeh**, Medical Day Care and Endoscopy  
**Hayley Terry**, Gateway Surgical Centre  
**Hilda Moyo**, Community and Ante-natal Care  
**Jane O'Neill**, Electronic Patient Records and Outpatients  
**Loverne Oredoko**, Sexual Health /HIV Services and In-Patient Gynecology  
**Maggie Parks**, Emergency Short Stay Unit and Emergency Surgery  
**Mavis Barrie**, Elders  
**Julie Stokes**, Paediatrics/Neonatal  
**Sally Hancock**, Rainbow Ward



# SHOP A SHARK

**Newham residents are being urged to shop illegal money lenders as a new team is launched to track down and prosecute loan sharks.**

Intelligence from Newham Trading Standards suggests that the problem is worst in Canning Town and Custom House, where illegal lenders target vulnerable people on their doorsteps and in public places such as job centres or pubs, often posing as friendly faces to gain victims' trust.

People are regularly forced to hand over their benefit books, leaving them with nothing. Sometimes lenders are known to their victims, which makes escaping their threats harder. Reported interest on loans

has been as high as 1,000 per cent and repayment is enforced through violence, threats and intimidation.

Peter Davenport, chair of LoTSA, the London Trading Standards Authorities umbrella organisation, said: "Loan sharks prey on the most vulnerable in our city. I ask Londoners to help us bring these criminals to justice by telling us who they are and where they are operating."

The London Illegal Money Lending Team, established last autumn by LoTSA, is the first to offer dedicated support for victims of loan sharks, while using the information provided via a dedicated hotline, text or email to gather evidence and bring loan sharks to justice.

A financial inclusion officer and a victim support officer will help victims access free money advice and tackle the problems that may have contributed to their financial difficulties, reducing the likelihood they will turn to loan sharks in the future.

**The Illegal Money Lending Team wants to hear from you. If you have information about a loan shark call 020 7364 6886 in confidence, text Shark Bait (and your message) to 60003, or email [sharkbait@lotsa.org.uk](mailto:sharkbait@lotsa.org.uk)**



# NEWHAM SERVICES FORUM

TO ADVERTISE IN THE NEWHAM SERVICES FORUM PLEASE CONTACT JULIE BROWN ON 07890 529 090

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*Remember: Only a few places are fully funded*

Or access information on:  
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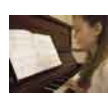


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**Orienteering is being brought to Beckton District Park for the first time ever.**

Do you want an adventure? Do you like the great outdoors? Do you want to try something a bit more than just a walk in the park? Why not give it a go?

The first session will take place at the park on Saturday 23 February from 9.30am until 12noon and it's free.

Beckton District Park now has a new, permanent orienteering course. Orienteering is a fun sport for all ages. You'll be provided with a special map which you can use to navigate between several points. It's as simple as that!

Don't be afraid if you haven't done this sort of thing before. It's easy to pick up

and there will be introductory sessions beforehand to show you what to do and help you on your way.

**Where:**

Beckton District Park North. Near the main car park just off Tollgate Road, Beckton E6.

**Getting there:**

*Bus:* 262, 300, 376, 147, 473.

*DLR:* Royal Albert and Beckton Park

**Time:**

*9:30am:* Registration opens

*10am:* Informal introduction sessions for

beginners (every 20 minutes)

*11am:* Event starts with mass start, then every 15 minutes until 12noon

*1pm:* Course closes

Executive member for culture, councillor Jo Corbett said: "No special clothing is required, just good outdoor shoes and dress according to the weather. The event is free and the map is yours to keep."

**Find out more**

Contact Cliff Wilton on

**020 8430 3917** or email

**[cliff.wilton@newham.gov.uk](mailto:cliff.wilton@newham.gov.uk)**

# More than just a walk in the park



# NEWHAM

## >> IN FOCUS



### MAYOR ACCEPTS DONATION STRAIGHT FROM LION'S MOUTH

Mayor Sir Robin Wales was guest of honour at the China Palace restaurant opening near the ExCeL exhibition centre, where he accepted a £2000 donation towards his nominated charity, **CANNING TOWN**-based Community Links. The only condition was that he took it straight from a lion's mouth in exchange for an orange!

Sir Robin said: "This was a very generous donation from the China Palace restaurant which I am sure Community Links, who do a lot of excellent work, will put to very good use."

## Valentine's Ball for the Over 50s

Over 50s are invited by Mayor Sir Robin Wales to a glamorous Valentine's ball at West Ham United Football Club, **GREEN STREET**, Upton Park on Wednesday 13 February from 4-8pm.

There will be guest appearances by the Ratpack (with songs by Frank Sinatra, Dean Martin and Sammy Davies Jr courtesy of a tribute band), plus dance performances, buffet and free raffle draw.

Tickets are free but limited. Contact 020 8430 2486 for further details. Transport provided if required.



## HOSTS REQUIRED FOR INTERNATIONAL VOLUNTEERS

An exchange programme that links young people from Britain with their peers in the Philippines is asking residents with some time and space in their home to open their doors to an overseas visitor.



The programme known as Global Xchange is looking for homes in Newham to host international volunteers for two to ten weeks from the end of March.

The volunteers from the Philippines, in South East Asia, will work in the community providing up to 6000 hours of voluntary service.

This is the first time Newham has taken part in the exchange, run by Voluntary Services Overseas (VSO) and the British Council, which will bring together young people from the UK and the Philippines.

Hosts are offered a weekly allowance to contribute towards accommodation and food costs and will be supported by two project supervisors. If you are able to support the programme, or would like more information about Global Xchange, contact Victoria Fanthorpe, project supervisor on 07968 506145 or email [victoria.fanthorpe@vso.org.uk](mailto:victoria.fanthorpe@vso.org.uk)

## HELP PLANT 2,012 TREES

A series of Community Forum tree planting events got off to a brilliant start when 80 people dug deep to help spruce up Royal Victoria Gardens, North Woolwich.

The event kicked off the second series of Community Forum Plant for Life events, which will be held in parks across Newham during February and March.

The tree planting days are a chance for people to join the council's year of environmental action. At each event people can plant a tree and help achieve the goal of planting 2,012 trees each year until 2012.

The biggest planting day, in partnership with BBC Breathing Places and the City of London, will be held in **WEST HAM** Park on Saturday 16 February from 11am to 4pm. There'll be a range of bilingual gardening workshops for people who have English as a second language.

Check out the What's On listings on page 38 to find out what's happening in your area.



< Community Lead Councillor for Royal Docks Patrick Murphy helps residents prepare for planting.



# Bouncing, painting and more

Brightly painted T-shirts with Olympic-inspired designs were one of the many popular features at the **GREEN STREET** Funday.

More than 120 people of the 500 there created a hand-painted shirt, while others jumped at the chance to have a go at a range of Olympic sports.

Trampolining was popular with the younger children, while basketball and hockey lured the teenagers and dancing was a hit with the adults.

And when it was time for a break, people refuelled with fresh fruit or checked out the stalls, with information about the London 2012 Olympic Games and Paralympic Games, Community Forums, the council's LIVE LIFE campaign and more.

Resident Charlean Wootton took her daughters and nieces to the event and said: "It was great for the kids and they really enjoyed themselves."



Charlie Wootton, 12, loved painting her own T-shirt.



Councillors Pearson Shillingford, Abdul Shakoor and Rohima Rahman learn some hockey tips from the youngsters.

## Fairtrade Fortnight 2008: 25 February-9 March



Fairtrade Fortnight 2008 is on the horizon! The Newham Fairtrade Network has an exciting range of activities planned for the fortnight; if you would like more information, are interested in getting involved in volunteering or would like to set up your own activity, please let us know.

A full timetable of events will be in the next edition of the Newham Mag.

For more information please call Alice on 020 8430 3165 or email [alice.van-sertima@newham.gov.uk](mailto:alice.van-sertima@newham.gov.uk)



Some of the Fairtrade goodies you could pick up

## Get training with MET TRACK

If you are aged between ten and 17-years-old and want to find a sport to suit you, Newham MET TRACK has the answer.

The weekly sessions train you in any track and field event, as well as football, and young people of any ability can join. You could find yourself training with an international athlete or top football coach!

The sessions are FREE and are held on Fridays from 4.30-to-6pm at the Macmillan Stadium, Prince Regent Lane, **PLAISTOW**.

For more information, contact Jason Hussain on 07701 056 323 or [Jasonhussain@metpolice.uk](mailto:Jasonhussain@metpolice.uk) or check out the website at [www.trackspeed1.co.uk/mettrack.htm](http://www.trackspeed1.co.uk/mettrack.htm)

Young people training at the Macmillan Stadium >



## Marilyn and Ella reunited on stage

Noted actor and director Colin McFarlane makes his East End directorial debut at the Theatre Royal **STRATFORD** East with Marilyn and Ella on 15 February.

The play, set in 1955, is the little-known true story of the friendship between two of the 20th century's biggest icons, Marilyn Monroe and Ella Fitzgerald. Audiences can expect a truly enchanting evening with many of the hit songs that Ella and Marilyn made famous, including They Can't Take That Away From Me, Someone To Watch Over Me and Diamonds Are A Girl's Best Friend.

For more information, call the box office on 020 8534 0310 between 10am and 6pm, Monday to Friday or book online at [www.stratfordeast.com](http://www.stratfordeast.com)

*Marilyn and Ella on stage >*



Photo: Jorge Lizalde Cano

## NEWHAM » IN FOCUS



### Advertise your sports club for free

The Newham sports club directory is being updated. If you run a sports club in the borough to advertise for free in the directory, which will be available in all public buildings in Newham, call Alison Mitchell in the Sports Development team on 020 8430 2483.

## Putting dance



## on the map



Do you teach dance or know someone who does? We want to hear from you! In partnership with Newham Council, East London Dance is creating a dance map of the borough. We want to hear about all styles of dance from all age groups. Whether it's for fun, health, as part of your education or profession, East London Dance would like to know about it.

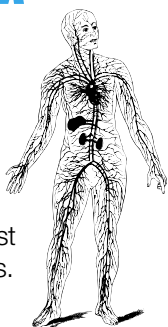
Contact East London Dance on 020 8279 1050 or email [office@eastlondondance.org](mailto:office@eastlondondance.org) and ask for Nu Tran.

## DEATH RATES FROM CIRCULATORY DISEASES DROP IN NEWHAM

Circulatory disease is the most common cause of death in Newham, but official statistics show that it is on the decline: related deaths have dropped by a massive 18% between 2005 and 2006, reducing the total number by 102 in just one year.

This was the biggest drop in death rates from circulatory disease of any London Primary Care Trust (PCT) and the second greatest of all local authorities. It follows a co-ordinated effort by Newham Council and the PCT to raise health levels in the borough.

Mayor Sir Robin Wales said: "There are positive opportunities to promote health and wellbeing in the years ahead. The 2012 Games can help motivate people to be more physically active and we must all continue to improve the quality of services and access to services that could see these figures fall still further."



## Wear Red for Richard House!

Workers in the City and Canary Wharf are being asked to wear something red this Valentine's Day in aid of Beckton-based children's hospice Richard House.

Joe Cole, England footballer and patron of the charity, is asking people to wear any red item and make a small contribution of just £2 to the hospice, which is dependent on voluntary donations and needs to raise £1.8 million this year to continue its services.

Joe said: "I hope you can join me, wear something red and make a difference to the lives of life-limited and life-threatened children and their families."



# SMOKE SIGNAL

A new Government campaign is asking you to Pull Your Finger Out and check smoke alarms once a week to ensure that they are working properly. Worryingly, four out of five people don't check theirs regularly, despite the fact that if you don't have a working smoke alarm you are more than twice as likely to die in a fire.

It takes seconds to check your alarm is working. The following tips could save your life and the lives of others in your home:

- **Fit a smoke alarm on each level of your property**
- **Test it weekly**
- **Plan your escape route**
- **Stay safe in the kitchen**
- **Ask the experts**

The London Fire Brigade offers free home safety visits to properties in Newham, fitting smoke alarms where needed. To book an appointment or for more information call freephone 08000 284 428 or email [smokealarms@london-fire.gov.uk](mailto:smokealarms@london-fire.gov.uk)





# ExCeL London wants you as a friend



ExCeL London, the prominent exhibition centre on the **ROYAL DOCKS**, has joined the Facebook phenomenon this week by creating its own group. The group will allow its members access to competitions, discounts on show tickets and up-to-date information on upcoming events. With more than 60 million active users and 250,000 people joining daily, Facebook is an ideal vehicle to promote the centre's diverse events.

Coming soon to the Facebook group will be competitions and discounts for shows such as the Baby Show, Grand Designs Live London and the British International Motor Show.

For further information on upcoming events and how to get to ExCeL, please visit [www.excel-london.co.uk](http://www.excel-london.co.uk)

## SCHOOL REBUILD MOVES A STEP CLOSER

Keir Hardie Primary School is set to undergo a facelift, including new school buildings and a playground, as part of the £3.8 billion regeneration of **CANNING TOWN** and **CUSTOM HOUSE**. Children from the school council took Mayor Sir Robin Wales and other invited guests on a tour of the school to celebrate the signing of the development agreement.

The regeneration scheme will provide more than 10,000 new and refurbished homes across all tenures, create vibrant town centres and more green spaces.

Sir Robin said: "Rebuilding this school is such an important part of the regeneration project. Not only will the physical nature of the area be transformed, but there will also be many new opportunities to improve the lives of local people.

"It is our hope that the young people at this school today will be living and working in the new Canning Town and Custom House of tomorrow."

## HAMMERS PROMOTE LONDON TO PARIS CHALLENGE FOR CHILDREN'S HOSPICE



West Ham United stars Anton Ferdinand and Carlton Cole joined staff from Beckton's Richard House Children's Hospice to promote the charity's 2008 London to Paris cycling challenge this September. The money raised will go towards supporting London children

affected by life-limiting or life-threatening illnesses.

The players joined in with a mini-challenge on the day, seeing how close participants could get to Paris in two minutes. There will be an information evening at Clifford Chance offices, Canary Wharf on Tuesday 11 March.

To find out more visit [www.richardhouse.org.uk/londontoparis](http://www.richardhouse.org.uk/londontoparis), call 020 7540 0204 or email [events@richardhouse.org.uk](mailto:events@richardhouse.org.uk)



## Newham Healthy Eating Champions graduate

Newham Food Access Partnership (NFAP) hosted a graduation event for their Healthy Eating Champions, whose training covered subjects such as health promotion, food growing and physical activity. Alongside the graduates there were several local organisations in attendance, as well as VIP Tessa Sanderson CBE who presented the healthy eaters with their certificates. She said: "The project is a great way to engage local people in not only making changes to their own behaviour, but also helping to motivate others to make small but effective lifestyle changes. We need more of these community projects to get Newham feeling and looking fitter."

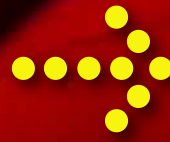
The next four week course will run from 25 February to 19 March and will be held at the Trinity Centre, East Avenue, **EAST HAM**. It is less than 16 hours per week so will not affect benefits. For more information contact Shamaela Perwiz on 020 8522 2298 or email [Shamaela.perwiz@east-potential.org.uk](mailto:Shamaela.perwiz@east-potential.org.uk)



Newham healthy eaters show off their certificates with Tessa, (centre)



# Kids' Corner



PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, NEWHAM TOWN HALL,  
EAST HAM E6 2RP**

## Gallery



Sameeya Akthen, 7



Beverley Prince, 9



Shazmin Begum, 8



Yasmin Begum, 11



## Joke

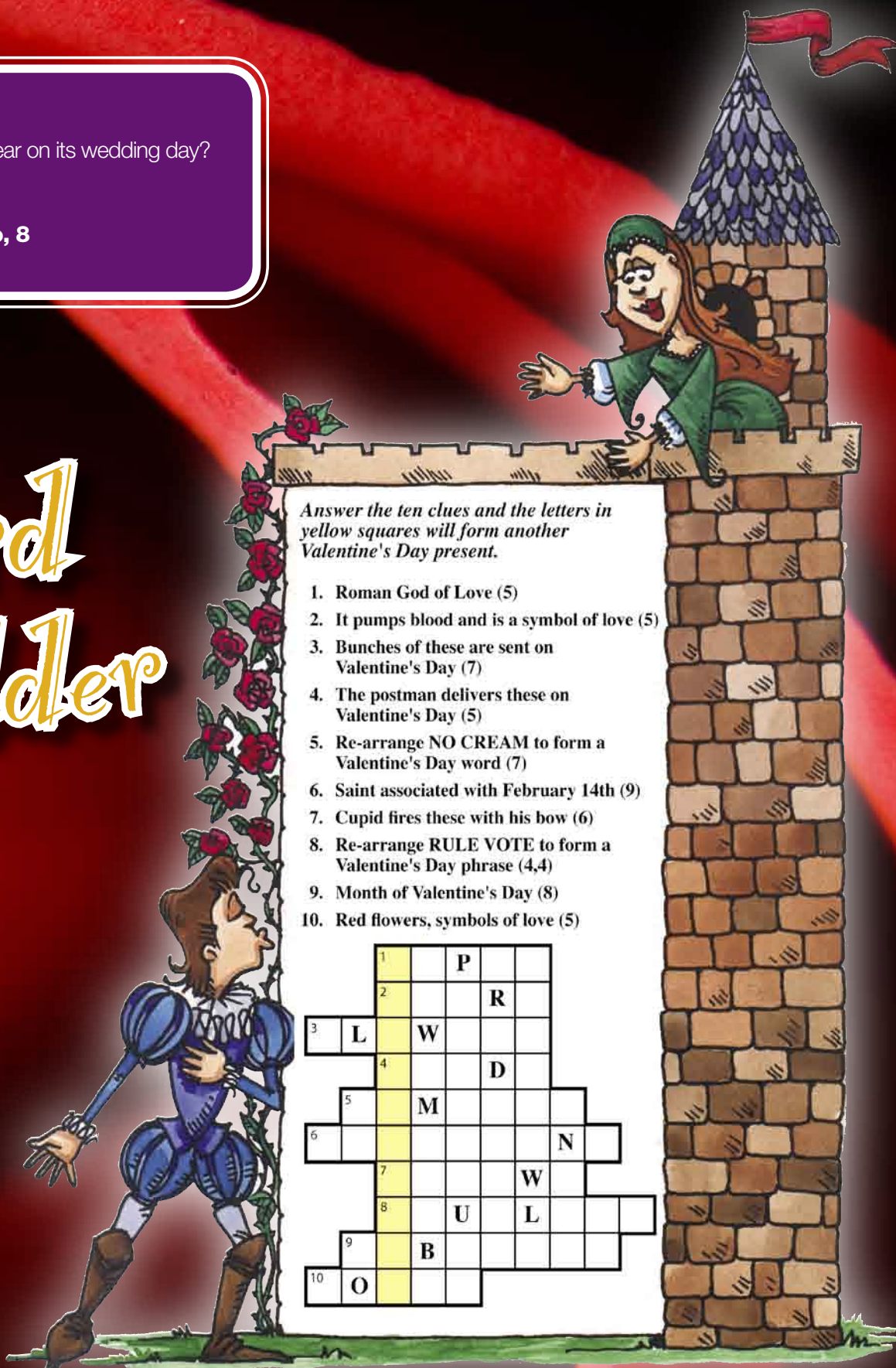
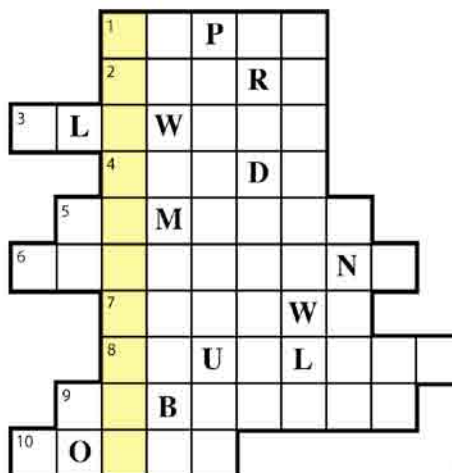
What did the spider wear on its wedding day?  
A webbing dress.

by Rachael Ikumelo, 8

## Word Ladder

Answer the ten clues and the letters in yellow squares will form another Valentine's Day present.

1. Roman God of Love (5)
2. It pumps blood and is a symbol of love (5)
3. Bunches of these are sent on Valentine's Day (7)
4. The postman delivers these on Valentine's Day (5)
5. Re-arrange NO CREAM to form a Valentine's Day word (7)
6. Saint associated with February 14th (9)
7. Cupid fires these with his bow (6)
8. Re-arrange RULE VOTE to form a Valentine's Day phrase (4,4)
9. Month of Valentine's Day (8)
10. Red flowers, symbols of love (5)





# Half term activities

**Half term is here so whatever your age, check out what's happening at one of our free events. Either grab some friends or come along and make some new ones. All school children welcome.**

## **Chase away the holiday blues**

Holiday School returns this half term with fun, educational activities on offer for students aged eight to 19.

From 18 to 22 February there will be 21 courses on offer across Newham. Courses include: Have Fun on the Internet, Hairdressing and Hair Care, Introduction to Health and Beauty, Asian Dressmaking, Bling Fashion Design, Sports for All and Make a Radio Show.

Holiday School brochures detailing what's on offer are available from libraries and local service centres. Courses are restricted to one per student and early booking is strongly advised. Disabled young people are encouraged to participate. Application forms can be downloaded from [www.newham.gov.uk](http://www.newham.gov.uk)

Any young person living or attending school in Newham, or whose parent or carer works in the borough is eligible to enrol. For more information call **020 8430 6528** on weekdays between 9am and 5pm.



## **Dive into free swims**

Under-15s can grab their gold card and take advantage of free swimming, which returns this half term at leisure centres across the borough. Every afternoon, sessions will be held at

Atherton, Balaam, Newham and East Ham leisure centres. For more information contact each centre directly. To find out how to apply for a free gold card call **020 8430 2484**, email [sportsdevelopment@newham.gov.uk](mailto:sportsdevelopment@newham.gov.uk) or apply online at [www.newham.gov.uk](http://www.newham.gov.uk)

## **Fun on the farm this half term**

The Visitor Centre at Newham City Farm, Beckton, will be hosting fun-packed days for children and their families this half term, alongside their usual animal magic.

There are free bandana decorating sessions on Tuesday 19 and Wednesday 20 February and budding designers can get creative with t-shirt decorating on Saturday 23 February. On Thursday 21 and Friday 22 February there will also be Farm Discovery Days, which cost £10 and need to be booked in advance. For a booking form leave a message on **020 7474 4960**.



## **Make tracks to Old Station Museum**

Take a trip back in time to the age of steam at North Woolwich Old Station Museum, Pier Road, which is open daily during half term. From Saturday 16 to Sunday 24 February the museum will be open from 1-5pm, with a free drop-in craft activity on Wednesday; every day there are quizzes and colouring sheets

to complete. Visitors can wander through the booking hall, pass through the 1920s ticket office and get a taste of Victorian travel. Admission is free. For more information call the museum on **020 7474 7244**.



## **Uncover the delights of Discover**

Children's activity centre Discover, in Stratford, will be holding daily activities during half term. Get on your dancing shoes and create your own High School Musical or transform into a roaring jungle VIP. Entry to Discover is £3 for Newham residents, with proof of address, and children under two are free. For more details visit [www.discover.org.uk](http://www.discover.org.uk) or call **020 8536 5555**.



## **Stratford Centre hosts sports for all**

Have-a-go sports sessions make a welcome return to Stratford Centre on Monday 18, Wednesday 20 and Friday 22 February. Everyone is welcome to come and try martial arts, fencing, table tennis, boxing, handball and kickboxing or pop by to watch a demo by the experts. For more information email [alison.mitchell@newham.gov.uk](mailto:alison.mitchell@newham.gov.uk) or call **020 8430 2483**.

LIVE  
LIFE



# WHAT'S ON?

9-23 FEBRUARY

## ALL LIBRARY LISTINGS

### LIBRARY ADDRESSES

**Beckton Globe** 1 Kingsford Way, E6 5JQ. 020 8430 4063  
**Canning Town** Barking Road, E16 4HQ. 020 7476 2696  
**Custom House** Prince Regent Lane, E16 3JJ. 020 7476 1565  
**East Ham** High Street South, E6 6EL. 020 8430 3647  
**The Gate** 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838  
**Green Street** 337-341 Green Street, E13 9AR. 020 8472 4101  
**Manor Park** Romford Road, E12 5JY. 020 8430 2207  
**North Woolwich** 5 Pier Parade, E16 2LJ. 020 8430 5900  
**Plaistow** North Street, E13 9HL. 020 8472 0420  
**Stratford** 3 The Grove, E15 1EL. 020 8430 6890  
Archives and Local Studies: 020 8430 6881

### UNDER 5s GROUPS

**Storytelling** – Stories, rhymes and crafts for children under five with their parents and carers.  
**Beckton Globe** Every Friday 10-11am  
**Canning Town** Every Monday 10.30-11.30am  
**Custom House** Every

Tuesday from 10.15-11.15am

**East Ham** Every Wednesday 2-3pm  
**The Gate** Every Friday 11am-12noon  
**Green Street** Every Thursday 10.30-11.30am  
**Manor Park** Every Thursday 10.30-11.30am  
**North Woolwich** Every Thursday 2-3pm  
**Plaistow** Every Tuesday 11am-12noon  
**Stratford** Every Tuesday 11am-12noon and every Friday 2-3pm  
**Sunday Storytelling** – Open to children under five with their parents and carers.  
**Stratford** Sunday 17 February 2-3pm  
**Little Readers** – Open to children under five with their parents and carers.  
**Stratford** Every Wednesday 1.30-2.30pm  
**Crafts Club** – Open to children under five with their parents and carers.  
**Manor Park** Every Tuesday 10.30-11.30am  
**Crafts & Computer Club** – Open to children under five with their parents and carers.  
**Stratford** Every Monday 10.30-11.30am  
**Toy Library** – Open to children under five with their parents and carers.  
**Beckton Globe** Every Monday 10am-12noon and every Thursday 1-3pm

**East Ham** Every Tuesday 10am-12noon and every Thursday 10am-12noon  
**Messy Play** – Open to children under five with their parents and carers.  
**Beckton Globe** Tuesday 12 February 1.30-2.30pm  
**Imaginative Play** – Open to children under five with their parents and carers.  
**East Ham** Every Friday 10.30-11.30am

### ADULT READING

**Adult Reading Group** – Explore the pleasure of reading in a friendly environment.  
**East Ham** Monday 18 February 6.15-7.45pm  
**Stratford** Monday 13 February 6.30-7.30pm  
**The Gate** Every Tuesday 6.30pm-7.30pm  
**Over 50s Reading Group** – Explore the pleasure of reading in a friendly environment.  
**Beckton** Every Tuesday 9.45am-11.45am  
**Plaistow** Every Thursday 6.45pm-7.45pm  
**Tamil Reading Group** – Discover more about the range of books available in the Tamil language.  
**East Ham** Wednesday 12 February 11am-1pm  
**Women-Only Urdu Reading Group** – Read novels, short stories and poetry and enjoy the delights

of the Urdu language.

**The Gate** Tuesday 13 February 5.30-7.30pm

### OTHER GROUPS

**Over 50s Club** – Enjoy a range of activities for the over 50s.  
**Beckton Globe** Every Tuesday 9.45-11.45am  
**Writer's Group** – Discuss your work with other authors.  
**The Gate** Every Tuesday 5.30pm-7.45pm

### YOUNG PEOPLE

**Homework Club** – Homework support and advice for young people aged seven to 14. School term only.  
**Beckton Globe** Tuesday 12 February 4-6pm  
**Canning Town** Every Saturday 10am-12noon  
**Custom House** Every Saturday 10am-12noon  
**East Ham** Monday 11 February 4-6pm  
**The Gate** Thursday 14 February 4-6pm  
**Green Street** Tuesday 12 February 4-6pm  
**Manor Park** Every Saturday 10am-12noon  
**North Woolwich** Thursday 14 February 3.30-5.30pm  
**Plaistow** Thursday 14 February 4-6pm  
**Stratford** Monday 11 February 4-6pm

LIVE  
LIFE



### Children's Games Club

– Board games and activities for children aged five to 12.

**Canning Town** Thursdays 14 and 21 February 4-6pm

### Children's Reading Group

**Canning Town** Every Thursday 4.30-5.30pm

**Family Reading Group** – A chance for children aged five to 11 and their families to read together and have fun.

**The Gate** Every Sunday 2.30-4pm

**Games Club** – PS2 and Xbox games, music, board games and many more activities for young people aged eight to 13.

**Custom House** Every Tuesday 3.30-5.30pm

**East Ham** Every Tuesday 3.30-5.30pm

**Manor Park** Every Thursday 4-6pm

**Teen Games Club** – PS2 and Xbox games, music, board games and many more activities for young people aged 12 to 16.

**Beckton Globe** Every Monday and every Wednesday 3-5pm

**Teen Xtra Evenings** – Free activities for young people aged 12 to 21.

**The Gate** Every Friday 6-8pm

### ESTATE BASED SPORTS

Sessions are open to 12-18 year olds unless otherwise stated and are for all abilities. Sessions are FREE. For more information call 020 8430 2484 or visit [www.newham.com/2012Games](http://www.newham.com/2012Games)

### Athletics

Every Friday

4.30-6pm, 8-19 years  
Drapers Field

### Basketball

For ages 8-19 unless otherwise stated.

### Leyton Orient Community Sports Programme (LOSP)

Every Monday

4.30-6.30pm

Winsor Park

Every Monday

7-9pm

Froud Community Centre

Every Tuesday

5-7pm

Royal Victoria Gardens

Every Tuesday

7.30-9pm

Plaistow Park

Every Wednesday

5-7pm

Memorial Park

Every Wednesday

5-6.30pm

New Beckton Park

Every Thursday

4.30-6.30pm

Priory Park

Every Thursday

5.30-7.30pm

Barking Road Rec

Every Friday

5-6.45pm

Forest Gate Youth Centre

Every Friday

5-7pm

Lister Gardens Park

### Newham All Stars Sports Academy (NASSA)

Term time only. For more information please contact Natasha Hart on 020 8519 3961.

Every Tuesday

4.30-6pm, girls 11-16 years

Sarah Bonnell School

Every Thursday

6-8pm, 12-16 years

Cumberland Sports College

Every Friday

4.15-5.30pm, eight-to-11 years

5.30-7.30pm, 12-to-16 years

Cumberland Sports College

Every Saturday

11am-1pm, eight-to-11 years

Sarah Bonnell School

### Youngbloods

#### Basketball Club

For more information please contact Caroline Charles 07958 307657 or Steven on 07940 111175.

Every Tuesday

6-8pm, under-15s and under-14s

East Ham Leisure Centre

Every Tuesday

8-10pm, under-18

and under-16 boys

East Ham Leisure Centre

Every Tuesday

5.30-7.30pm, under-16s

and under-15s

Newham Leisure Centre

Every Thursday

6-8pm, under-15 boys

national league

Newham Leisure Centre

Every Saturday

1-3pm, under-13s and minis

East Ham Leisure Centre

### Cricket

Every Thursday

5-7pm, eight-to-16 years

Newham Cricket Club

Langdon School

£1 per session

Every Tuesday

5.30-7pm, eight-to-19 years

Score Indoor Complex

Every Thursday

4.30-6pm, eight-to-19 years

Drapers Field

### Football

Every Monday

6-8pm

Plaistow Park

Every Tuesday

5.30-7.30pm

Little Ilford Ball Cage

Every Tuesday

5-7pm

Stratford Park

Every Tuesday

5-7pm

Phoenix Cage

Every Wednesday

4.30-6.30pm

Royal Victoria Gardens

Every Wednesday

5-7pm, eight-to-19 years

Stratford Park

Every Wednesday

7.30-9.30pm, 16+ (£2 charge)

Score Complex

Every Thursday

5-7pm

Scud Park Ball Cage

Every Thursday

6-8pm

Forest Gate Youth Centre

Every Friday

4-5.30pm (term time only)

St John's Community Centre

Every Friday

6-8pm

Priory Park Ball Cage

Every Saturday

10-11.30am,

six-to-12 years

(£3 charge)

Drapers Field







*Every Saturday*  
2-4pm, six-to-14 years (£3 charge) Score Complex

### **Estates Football and Basketball League**

*Every Monday*  
6-8pm, under-14s and under-17s  
Score Complex Hard Court  
*Every Tuesday*  
5.30-7pm, under-12s and under-14s  
Drapers Field  
*Every Friday*  
6-8pm, under-14s and under-17s Leyton Manor Park

### **Football and Basketball**

*Every Monday*  
4.30-6.30pm  
Winsor Park  
*Every Wednesday 5-7pm*  
New Beckton Park Ball Cage  
*Every Wednesday*  
4.30-6.30pm  
Ford Park  
*Every Wednesday*  
6-8pm  
Plashet Park  
*Every Thursday*  
4.30-6.30pm  
Priory Park Ball Cage  
*Every Thursday*  
5.30-7.30pm  
Barking Road Rec

*Every Friday*  
5-7pm  
Lister Gardens Park  
*Every Friday*  
5-7pm  
Canning Town MUGA

### **Multi-Sports**

*Every Monday*  
5-7pm, eight-to-19 years  
Langthorne Park  
*Every Monday*  
5-7pm, eight-to-19 years  
Alma Street MUGA  
*Every Tuesday*  
4-5pm  
Carpenters and Docklands Centre (term time only)  
*Every Tuesday*  
5-7pm, eight-to-19 years  
Stratford Park  
*Every Wednesday*  
4-5pm  
Carpenters and Docklands Centre (term time only)  
*Every Wednesday*  
5-7pm, 8-19 years  
The CAGE (Chatsworth Active Games Enclosure)  
*Every Wednesday*  
5-7pm  
Stratford Park  
*Every Wednesday*  
4-6pm, 10-19 years  
Cann Hall Park

*Every Wednesday*  
5-7pm, 8-19 years  
Major Road Ball Park  
*Every Thursday*  
5-7pm, 8-19 years  
The CAGE

### **Stratford Table Tennis Club**

*Every Wednesday*  
6.30-9.30pm  
Stratford Secondary School

### **Eastlea Handball Club**

*Every Thursday 4-5pm*  
11-18 years  
Eastlea School  
*Every Thursday 5-6pm*  
4-11 years  
Eastlea School

### **Stratford Handball Club**

*Every Monday 3.15-4.15pm*  
11-18 years  
Stratford Secondary School  
*Mondays 4.30-5.30pm*  
4-11 years  
Stratford Secondary School

### **Venue Addresses**

*Alma Street MUGA*  
*Alma Street, Stratford E15*  
*Barking Road Rec*  
*Burges Road, East Ham E6*  
*The CAGE (Chatsworth Active Games Enclosure) Cruickshank Road, Stratford E15*  
*Can Hall Park*  
*Off Can Hall Road, E11*  
*Canning Town MUGA*  
*Corner of Freemasons Road and Sophia Road, E16*  
*Carpenters and Docklands Centre*  
*98 Gibbins Road, Stratford E15 2HU*

*Cumberland School*  
*Sports College*  
*Oban Close, Plaistow E13 8SJ*  
*Drapers Field*  
*Temple Mills Lane, off Leyton High Road, E15*  
*East Ham Leisure Centre*  
*324 Barking Road, East Ham E6 2RT*  
*Ford Park*  
*Canning Town, E16*  
*Forest Gate Youth Centre*  
*Woodgrange Road, E7*  
*Froud Centre*  
*Toronto Avenue, Manor Park E12 5JF*  
*Langthorne Park*  
*Off Leytonstone High Road, E11*  
*Leyton Manor Park*  
*Off Capworth Street, Leyton E10*  
*Lister Gardens Park*  
*Corner of Upper Road and Florence Road, Plaistow E13*  
*Little Ilford Ball Cage*  
*Reynolds Avenue, Manor Park E12*  
*Major Road Ball Cage*  
*Major Road, Stratford E15*  
*Memorial Park*  
*Memorial Avenue, West Ham E15*  
*New Beckton Park Ball Cage*  
*Savage Gardens, Beckton E6*  
*Newham Leisure Centre*  
*281 Prince Regent Lane, Plaistow E13 8SD*  
*Phoenix Cage*  
*Milner Road, West Ham E13*  
*Plaistow Park*  
*Balaam Street, Plaistow E13*  
*Plashet Park*  
*Woodhouse Grove, East Ham E6*  
*Priory Park Ball Cage*  
*William Morley Close, Upton Park E13*  
*Royal Victoria Gardens*  
*Pier Road, North Woolwich E16*





Marilyn and Ella  
is coming to the  
Theatre Royal

Sarah Bonnell School  
Deanery Road,  
Stratford E15 4LP  
Score Complex  
100 Oliver Road  
Leyton E10 5JY  
Scud Park Ball Cage  
Tant Avenue,  
Canning Town E16  
Stratford Park  
Densham Road,  
Stratford E15  
St John's Community Centre  
Albert Road,  
North Woolwich E16  
Winsor Park  
Warwall,  
Beckton E6  
020 7474 7244

## OTHER EVENTS

### **Theatre Royal Stratford East Marilyn and Ella**

15 February to 15 March  
A new musical drama by  
Bonnie Greer, will delight  
you with unforgettable old  
standards such as *They Can't  
Take That Away From Me*, *The  
Lady Is a Tramp*, *Someone To  
Watch Over Me* and *Diamonds  
Are A Girl's Best Friend*.

This play with music is based  
on the acclaimed 2005 Radio 4  
play *Marilyn And Ella Backstage  
At The Mocambo* and the  
Edinburgh Fringe 2006 hit  
cabaret/play *Ella Meet Marilyn*.

Theatre Royal Stratford East,  
Gerry Raffles Square,  
Stratford E15 1BN  
Box Office: 020 8534 0310  
[www.stratfordeast.com](http://www.stratfordeast.com)

## LESBIAN, GAY, BISEXUAL AND TRANSGENDER MONTH EVENTS

### **An exhibition of archives from the Theatre Royal Stratford East**

Throughout February

Featuring a snapshot of  
images and comments on  
five shows that have tackled  
lesbian and gay issues.

**Theatre Royal Stratford  
East, Gerry Raffles Square,  
Stratford E15**

### **Gay Diaries – Thoughts and Ideas**

Friday 15 February, 6-7.30pm

**Hopkins Room,  
Stratford Library**

### **The Wolfenden Act and How it Led to Gay Events Today**

Monday 18 February,  
6.30-8.30pm

A talk by Rex Batten, author  
of *Rid England of this Plague*,  
Warren Scott from *Pride  
London* and Derek Lennard  
from *International Day against  
Homophobia*.

**Stratford Library**

### **Writers Sharing Workshop**

Thursday 21 February,  
1.30-3pm

Presented by Rochelle Baker  
from *Gay Authors Workshop*.

**Hopkins Room,  
Stratford Library**

**For details of all the above  
events please call David on**

**0800 0556 402 or visit  
[www.newham.gov.uk](http://www.newham.gov.uk)**

### **Community Centre Addresses**

There are lots of free activities  
and groups in community  
centres. Call your local centre  
to find out more.

Beckton Community Centre  
14 East Manor Way,  
Beckton E6 5NG

020 7511 1214

Chandos Community Centre  
Colegrave Road E15 1ED

020 8534 0140

Chatsworth

Community Centre

Chatsworth Road, E15 1SP

020 8555 4477

Community Road

Community Centre

Community Road

Stratford E15 1JT

020 8534 0664

Cundy Community Centre

Hartington Road E16 3NP

020 7474 6056

Field Community Centre

147 Station Road,

Forest Gate E7 0AE

020 8536 2800

Hathaway Community Centre

Hathaway Crescent, Manor

Park E12 6LR

020 8548 4980

Hibiscus Community Centre

Buckingham Road E15 1SP

020 8519 6159

Jack Cornwell

Community Centre

Jack Cornwell Street,

Manor Park E12 5NN

020 8553 3270

Katherine Road

Community Centre

254 Katherine Road,  
Forest Gate  
E7 8PN

020 8548 982

Plaistow Park

Community Centre

Queens Road West,

Plaistow E13 0PE

020 8552 1334

## USEFUL NUMBERS

### **020 8430 2000**

Hundreds of services,  
just one number – for all  
council enquiries

**For questions about  
councillor surgeries or to  
find out which ward you  
live in, call 020 8430 2000  
or visit [www.newham.gov.uk](http://www.newham.gov.uk)  
[yourcouncillor](http://yourcouncillor)**

Write to Mayor Sir Robin  
Wales at Newham Town  
Hall, Barking Road, East  
Ham E6 2RP or email  
[mayor@newham.gov.uk](mailto:mayor@newham.gov.uk)

**For information about  
Community Forums  
freephone 0800 519 4015  
or email [community.  
forums@newham.gov.uk](mailto:community.forums@newham.gov.uk)**

For information about the  
2012 Games and how it will  
affect Newham, visit [www.  
newham.com/2012Games](http://www.newham.com/2012Games)

**To report anti-social  
behaviour call Newham's  
24-hour hotline on  
0800 731 3300**

To speak to the editor of  
The Newham Mag, call  
Anita Plaha on 020 8430  
2000 or email [newham.  
mag@newham.gov.uk](mailto:newham.mag@newham.gov.uk)







## CUSTOM HOUSE AND CANNING TOWN COMMUNITY FORUM

# Young People's Football Challenge



it's your borough  
play your part

WIN  
GREAT  
PRIZES

### Enjoy an afternoon of 5-a-side football action!

Get your friends together and take part in this fun competition.

The tournament is for mixed teams ages 8-11 and separate boys and girls teams ages 12-14 and 15-18. Players are required to wear shin pads and suitable footwear.

Either register now or just turn up before 1pm on the day to get involved. To register call Sam Clark on 020 8430 5450 or email [sam.clark@newham.gov.uk](mailto:sam.clark@newham.gov.uk)

Plus check out the new HEARTS Sports Container. This is a container packed with sports gear that you can use for free. Just come along and try something new!

FREE  
BARBECUE

**Friday  
22 February**

**12noon – 6pm**  
(games start at  
12pm)

Fords Park,  
Fords Park Road,  
Custom House and  
Canning Town  
E16





# Lithuanian Welcome Event



FREE  
TRADITIONAL  
LITHUANIAN  
FOOD!

## Join the Lithuanian community for a free, fun concert and disco!

**Saturday  
16 February**

**3pm – midnight**

**Old Town Hall  
Stratford  
29 The Broadway  
Stratford E15 4BQ**

Enjoy music from rock band Airija, music school Harmonija and many more. Plus dance to a special disco with music from Lithuania's DJ 'Nu Sound'.

Meet Lithuanian Ambassador, Vygaudas Usackas and Mayor of Newham, Sir Robin Wales.

Tickets are free but seats are limited. Children should be accompanied by an adult. Children under 12 do not require a ticket.